

Girls Varsity
Christian School Invite

Position	Athlete	Mile1_Est	Mile1_Act	1vsAvg	Mile2_Est	Mile2_Act	Mile2_PPM	2vsAvg	Mile3_PPM	3vsAvg	Est_Finish	Actual	Act_PPM	Act_vs_Est	NewPR By	A<E
5	Marie Gates	06:12	05:45 ▼	-00:15	12:23	11:44	05:52 ▼	-00:08	06:16 ▲	00:15	19:12 ●	18:37.1	06:00	-00:35		🏃
15	Sadie Schout	07:08	06:27 ▼	-00:17	14:16	13:08	06:34 ▼	-00:10	07:01 ▲	00:18	22:07 ●	20:51.6	06:44	-01:15		🏃
17	Lauryn Byker	06:59	06:39 ▼	-00:06	13:59	13:35	06:47 ●	00:02	06:42 ●	-00:04	21:40 ●	20:57.0	06:45	-00:43	🏃 00:01.5	🏃
18	Carly Bruxvoort	07:01	06:34 ▼	-00:12	14:01	13:30	06:45 ●	-00:01	06:47 ●	00:01	21:44 ●	20:57.8	06:46	-00:46		🏃
20	Katelynn Boyd	07:00	06:39 ▼	-00:14	14:01	13:33	06:46 ▼	-00:07	07:05 ▲	00:12	21:43 ●	21:20.6	06:53	-00:22		🏃
21	Riley DenHartigh	07:07	06:45 ▼	-00:15	14:14	13:57	06:59 ●	-00:02	07:03 ●	00:03	22:04 ●	21:42.6	07:00	-00:22		🏃
23	Ana Beimers	07:07	06:45 ▼	-00:18	14:15	13:57	06:59 ●	-00:04	07:10 ▲	00:07	22:05 ●	21:49.9	07:03	-00:15		🏃

Girls JV

Position	Athlete	Mile1_Est	Mile1_Act	1vsAvg	Mile2_Est	Mile2_Act	Mile2_PPM	2vsAvg	Mile3_PPM	3vsAvg	Est_Finish	Actual	Act_PPM	Act_vs_Est	NewPR By	A<E
19	Noelle Wielhouwe	07:16	06:26 ▼	-00:23	14:32	13:30	06:45 ●	-00:04	06:57 ▲	00:07	22:31 ●	21:08.2	06:49	-01:23		🏃
29	Ashley Binder	08:05	07:21 ▼	-00:12	16:10	15:03	07:32 ●	-00:02	07:36 ●	00:03	25:03	23:24.4	07:33	-01:39		🏃
30	Grace Gruppen	08:09	07:22 ▼	-00:12	16:18	15:03	07:32 ●	-00:03	07:39 ▲	00:05	25:16	23:28.2	07:34	-01:48	🏃 01:47.5	🏃
31	Elisha Van Spronsen	08:13	07:20 ▼	-00:15	16:26	14:53	07:27 ▼	-00:08	07:50 ▲	00:15	25:28	23:29.9	07:35	-01:58	🏃	🏃
32	Carolyn Buller	07:52	07:26 ▼	-00:13	15:43	15:03	07:32 ▼	-00:08	07:53 ▲	00:14	24:22	23:43.6	07:39	-00:38		🏃
33	Lydia VanderMole	08:11	07:26 ▼	-00:16	16:21	15:11	07:35 ▼	-00:06	07:53 ▲	00:11	25:21	23:51.1	07:42	-01:29		🏃
34	Kenna Caryl	08:27	07:42 ●	-00:05	16:54	15:20	07:40 ▼	-00:07	07:59 ▲	00:12	26:11	24:07.3	07:47	-02:04		🏃
35	Kasey Haartman	08:14	07:31 ▼	-00:20	16:28	15:30	07:45 ▼	-00:06	08:01 ▲	00:10	25:31	24:18.7	07:51	-01:12		🏃
36	Olivia Vredevoogd	07:59	07:32 ▼	-00:24	15:58	15:40	07:50 ▼	-00:06	08:06 ▲	00:10	24:45	24:34.7	07:56	-00:10		🏃
37	Elena Schmuker	09:21	07:49 ▼	-00:11	18:42	15:58	07:59 ●	-00:01	08:03 ●	00:02	28:59	24:49.1	08:00	-04:10	🏃 04:09.9	🏃
38	Kylie Leatherman	08:06	07:33 ▼	-00:30	16:12	15:45	07:53 ▼	-00:10	08:21 ▲	00:19	25:07	24:56.5	08:03	-00:10	🏃 00:10.2	🏃
39	Chloe DenHartigh	08:37	07:49 ▼	-00:15	17:14	15:58	07:59 ●	-00:05	08:12 ▲	00:09	26:43	24:59.5	08:04	-01:44	🏃 01:43.7	🏃
40	Emma Nienhuis	09:02	08:02 ▼	-00:20	18:05	16:42	08:21 ●	-00:01	08:25 ●	00:02	28:02	25:57.3	08:22	-02:04	🏃 02:04.3	🏃
41	Taya VanderZwaag	09:03	08:02 ▼	-00:25	18:06	16:42	08:21 ▼	-00:06	08:37 ▲	00:10	28:03	26:10.2	08:27	-01:53	🏃 01:53.1	🏃
42	Allie Gruppen	09:20	08:18 ▼	-00:19	18:40	17:00	08:30 ▼	-00:07	08:50 ▲	00:13	28:56	26:43.1	08:37	-02:13	🏃 02:13.0	🏃
43	Leah Ernst	09:31	08:41 ▼	-00:14	19:02	17:45	08:53 ●	-00:02	08:59 ●	00:04	29:30	27:37.4	08:55	-01:53	🏃 01:52.8	🏃
44	Hanna DeVries	09:49	08:52 ●	-00:04	19:38	18:00	09:00 ●	00:04	08:49 ▼	-00:07	30:26	27:42.4	08:56	-02:44		🏃
45	Aeris Ensing	09:27	08:41 ▼	-00:19	18:53	17:50	08:55 ●	-00:05	09:08 ▲	00:08	29:16	27:52.7	09:00	-01:24		🏃
46	Alaina Miedema	09:54	08:52 ▼	-00:26	19:49	18:20	09:10 ▼	-00:08	09:33 ▲	00:15	30:43	28:50.8	09:18	-01:52		🏃
47	Addison Mokma	10:50	09:33 ▼	-00:22	21:40	18:50	09:25 ▼	-00:30	10:51 ▲	00:55	33:35	30:45.7	09:55	-02:49	🏃 00:42.0	🏃
48	Emma Kuipers	11:24	10:14 ▼	-00:25	22:47	21:40	10:50 ▲	00:11	10:19 ▼	-00:20	35:20	33:01.2	10:39	-02:18	🏃 02:18.4	🏃
49	Sophia Miller	08:04			16:07						24:59					

Legend:

Mile1_Est	Estimated time to pass Mile 1
Mile1_Act	Actual Time to pass mile 1 checkpoint
1vsAvg	+/- compared to average PPM for mile 1
Mile2_Est	Estimated Mile 2
Mile2_Act	Actual Mile 2
Mile2_PPM	Mile 2 PPM
2vsAvg	+/- compared to average PPM for mile 2
Mile3_PPM	Mile 2 to finish of 1.1 miles at a PPM
3vsAvg	+/- compared to average PPM for mile 3.1

Est_Finish	Estimated Finish
Actual	Actual Finish
Act_PPM	Actual PPM for entire race
Act_vs_Est	+/- from estimate
Spread	Difference between fastest mile and slowest mile.
PR	Personal Record
A<E	Actual less than Estimated

Sub

Gold	19:59.9
Silver	21:59.9
Bronze	23:59.9

▲ Below Average PPM
● On Target
▼ Above Average PPM

Athlete	Race1	Race2	Race3	Race4	Race5	Race6	Race7	Race8	Race9	Race10	Race11	PR	SR	Avg.	Improv	PR This Season
Marie Gates	19:12.2	0:18:37										18:26.9	18:37.1	18:54.7	#####	
Sadie Schout	22:06.5	0:20:52										19:34.6	20:51.6	21:29.1	#####	
Lauryn Byker	21:40.2	0:20:57										20:57.0	20:57.0	21:18.6	#####	🏆
Carly Bruxvoort	21:43.9	0:20:58										19:52.1	20:57.8	21:20.9	#####	
Noelle Wielhouwer	22:31.4	0:21:08										20:24.1	21:08.2	21:49.8	#####	
Katelynn Boyd	21:43.0	0:21:21										20:20.1	21:20.6	21:31.8	#####	
Riley DenHartigh	22:04.4	0:21:43										20:12.0	21:42.6	21:53.5	#####	
Ana Beimers	22:05.2	0:21:50										20:50.2	21:49.9	21:57.6	#####	
Ashley Binder	25:03.3	0:23:24										22:32.5	23:24.4	24:13.9	#####	
Grace Gruppen	25:15.7	0:23:28										23:28.2	23:28.2	24:22.0	#####	🏆
Elisha Van Spronsen		0:23:30										23:29.9	23:29.9	23:29.9	#####	🏆
Carolyn Buller	24:22.0	0:23:44										22:57.0	23:43.6	24:02.8	#####	
Lydia VanderMolen	25:20.6	0:23:51										22:19.5	23:51.1	24:35.9	#####	
Kenna Caryl	26:11.4	0:24:07										21:16.6	24:07.3	25:09.4	#####	
Kasey Haartman	25:30.9	0:24:19										22:58.1	24:18.7	24:54.8	#####	
Olivia Vredevoogd	24:45.1	0:24:35										23:38.4	24:34.7	24:39.9	#####	
Elena Schmuker	28:59.0	0:24:49										24:49.1	24:49.1	26:54.1	#####	🏆
Kylie Leatherman	25:06.7	0:24:57										24:56.5	24:56.5	25:01.6	#####	🏆
Chloe DenHartigh	26:43.2	0:25:00										24:59.5	24:59.5	25:51.4	#####	🏆
Emma Nienhuis	28:01.6	0:25:57										25:57.3	25:57.3	26:59.5	#####	🏆
Taya VanderZwaag	28:03.3	0:26:10										26:10.2	26:10.2	27:06.8	#####	🏆
Allie Gruppen	28:56.1	0:26:43										26:43.1	26:43.1	27:49.6	#####	🏆
Leah Ernst	29:30.2	0:27:37										27:37.4	27:37.4	28:33.8	#####	🏆
Hanna DeVries	30:26.0	0:27:42										26:39.7	27:42.4	29:04.2	#####	
Aeris Ensing	29:16.2	0:27:53										24:33.7	27:52.7	28:34.5	#####	
Alaina Miedema	30:42.9	0:28:51										27:03.2	28:50.8	29:46.9	#####	
Addison Mokma	33:34.8	0:30:46										30:45.7	30:45.7	32:10.3	#####	🏆
Emma Kuipers	35:19.6	0:33:01										33:01.2	33:01.2	34:10.4	#####	🏆
Sophia Miller	24:59.4											23:36.9	24:59.4	24:59.4		
Top 5 (Goal 1:40:29)	1:46:24	1:42:32											1:42:32	1:44:35	0:01:23	
Top 7 (Goal 2:29:28)	2:30:35	2:25:35											2:25:35	2:28:18		
Spread (1:50)	0:02:54	0:03:06											0:03:06	0:02:59		
Top 5	2:01:41	1:55:56											1:55:56	1:58:06		
Top 7 (Goal 2:43:16)	2:52:04	2:43:54											2:43:54	2:47:22		
Spread	0:02:44	0:02:17											0:02:17	0:02:42		

Varsity

JV

Gold = top 7 in race	Race1	Under The Lights			Team 5	Team 7	Improv
Green = Season Record	Race2	Christian School Invite	Gold	19:59.9	01:36:59.9	02:15:59.0	ement
	Race3	Ottawa Hills Invite	Silver	21:59.9	01:39:59.9	02:21:59.9	is
	Race4	Conference Jamboree #1	Bronze	23:59.9	01:42:59.9	02:25:59.9	define
	Race5	Autumn Sunrise					d as
	Race6	Otsego					differe
	Race7	Conference Jamboree #2					
	Race8	Portage					
	Race9	Conference Jamboree #3					
	Race10	Regionals					
	Race11	State					